

# Monitoring everyday life in aging & dementia

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Propositions belonging to the doctoral thesis

## **Monitoring Everyday Life in Aging & Dementia**

### Perspectives from Experience Sampling and Technology Use

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17.09.2020

1. Smartphone-based experience sampling improves the understanding and support of daily challenges in people with mild cognitive impairment. (this thesis)
2. Measuring cognition in an artificial, controlled environment tells us little about its fluctuations in everyday life. (this thesis)
3. Leisure activities are beneficial for carers of people with dementia but engaging more in them is challenging and aligned with mixed emotions. (this thesis)
4. The effects of a six-week ehealth intervention for carers of people with dementia might fade after some months. Intervention effects can be more sustainable when additional elements (e.g. booster sessions, ad-hoc counselling) are included. (this thesis)
5. Using eHealth in health care has various benefits but eHealth cannot be the only option for help-seeking older adults.
6. Raising awareness for own patterns and habits through self-monitoring is the first step to improve self-management.
7. Health is a complex construct and therefore, simple solutions can never create substantial and lasting impacts.
8. Implementing the experience sampling method in clinical practice empowers patients and deserves to be applied on a larger scale by health care professionals.
9. Major revisions lead to mixed emotions but are followed by an opportunity to grow.
10. “Long ago, ‘an apple a day keeps the doctor away’ was a common expression, suggesting that eating well could improve health. Perhaps today the expression should expand to include painting an apple, going to the store with a friend to buy an apple, and using an Apple product.” Comment: Too much of a good thing may still be good for your brain, James E. Galvin (Neurology May 2015)